



Rebirth

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Edition 7 \ April 2021

YOUR GUIDE TO CONSCIOUS AWAKENING



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Kim McCosker Baked Green Eggs P23 \ Gwenda Smith To Know your Own Energy will Change your Life P27
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HeARTFULL Living

by *Sally Holt*

We are going to have some fun! Let's create magic together. So many possibilities and opportunities are waiting. I am here, when that whisper of doubt crosses your



mind. Stare into the depths of my colourful being and know that I represent and hold all that you long for. Use me to continue to create, speak and live your vision.

Sally Holt: The core of my purpose as an artist is about facilitating transformation. While it's mainly my own transformation, my art heals all who encounters or owns it. My art is a very personal expressive, healing journal of imagery. It reveals what needs to be acknowledged and seen. Because of this I am forever evolving and growing because I am a transformation junkie!

As a creative being I am in service of Sharman and healing work of others and through my business Art-Full Expressions, it allows me to bring my visual art, graphic design, marketing and transpersonal art therapy skills together to support others to transform themselves or their business vision.

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Moving beyond *Soul Mates,* *Twin Flames* and *Karmic Relationships*

ARTICLE REBECCA-LEE

My work with Unlock Your Love Blocks for over a decade has given me the opportunity to guide people out of their repeating karmic patterns in love.

I have seen thousands of people who are ready to find the 'soul mate' and feel complete in their life again. When a beautiful being comes to me to help them find love, they often believe it is something that they need to change on the outside of their world to make it happen; where will I run into my future lover; what should I be wearing; what will he look like; what nationality will he be?

However, my task is to show my beautiful clients that these sorts of external concerns are pointless when it comes to looking for true love. The reason why so many are finding themselves on their own or questioning their relationship is because we are at a point of time of the Great Awakening. Fruitless, 3D, surface level love and relationships that simply repeat karmic patterns you are ready to evolve through are not going to interest you anymore.

My guides showed me over a decade ago that we are moving into this awakening at full speed. As such, our relationship with ourselves and others will change greatly. No longer as Souls, will we continue to repeat patterns life after life. Many of these patterns are lessons that we have learnt or at the end of learning, and now we are ready to take a giant step forward in our evolution. This means the familiar pattern of the soul mate to learn lessons from is going to be obsolete for my clients.

However, there are energy blocks inside us, stuck within our physical and energy bodies that keep us locked into these karmic patterns. We need to become consciously aware of these blocks so we understand the karmic pattern that is on automatic repeat in our life so we can stop it. And start playing a new track! An upgraded, new vibration of energy

that can emanate out past these karmic soul mate relationships.

Within you, you carry things from this lifetime such as your childhood pains and conditioning; the inner critical voices of your parents or guardians. There is the hurt from lovers you have experienced this lifetime that perhaps you just have not yet processed properly to understand what the pattern is. You also carry vows and promises from past lifetimes. Sometimes your Soul still remains in other relationships, hurts and situations from past lifetimes and we must retrieve those pieces of your Soul and bring you back to this time to help you heal and feel whole.

Some of you have tucked away your spiritual gifts to protect and hide this important part of who you are and keep yourself safe; yet this brings nothing but a deep sadness and yearning for something you are not sure what it is you are seeking. Some of you hold curses or entanglements to Souls in your Ancestry that you must discover and release yourself from.

Whatever it is, anyone that is called to the Unlock Your Love Blocks work is ready for a new level of being and a new level of relationship. It all just needs to be unlocked from inside of you.

 If you want to discover more about yourself and love, go to my free Lover Archetype survey on my website: www.rebecca-lee.com You will be given extensive information about who you are and how to give yourself and your love life an energy upgrade.





When all your

Cups are Empty



ARTICLE VICTORIA COCHRANE

In the tarot, the suit of Cups represents emotions to do with relationships, traditionally represented by water and cups. Many decks show disappointment and loss as empty cups. I think cups are also a great analogy for energy levels and exchanges: the less energetic you feel the emptier your cups will be.

Are you exhausted all the time? Feeling down, stressed, unhappy, irritable or anxious? Do you find it hard to concentrate, ground and centre your energy or even get out of bed? More importantly, are you finding it difficult to be positive? When your cups are empty, meaning your energies are depleted, out of balance and you are in need of rest and healing, it is much harder to think positively.

Taking time out and putting yourself first is not something many people are particularly good at, but if you're running on empty it's essential that you stop and take the time before you become physically ill or before Spirit/your guides do it for you! No joke, people I know, including myself, have actually developed an illness or had a non life-threatening accident when they have ignored the signs to slow down or to stop and rest. There's nothing like a broken leg to stop you in your tracks!

It's also important to listen to your body – you are going to run out of steam pretty quickly if you are training for a sport while having a cold or going to work when you are feeling exhausted or off colour.

Feeling down or out of balance can also be a result of constant negative self-talk or being around negative or draining people. Everything in this world can be equated to energy and our energetic bodies can become drained or out of balance very quickly when we haven't received an equal exchange of energy. Even the most positive person can find themselves exhausted when surrounded by negativity from family, peers, the media and internet.

Like attracts like, so if we are to have any chance of filling our cups and restoring the balance of energy in our bodies, it is imperative that we

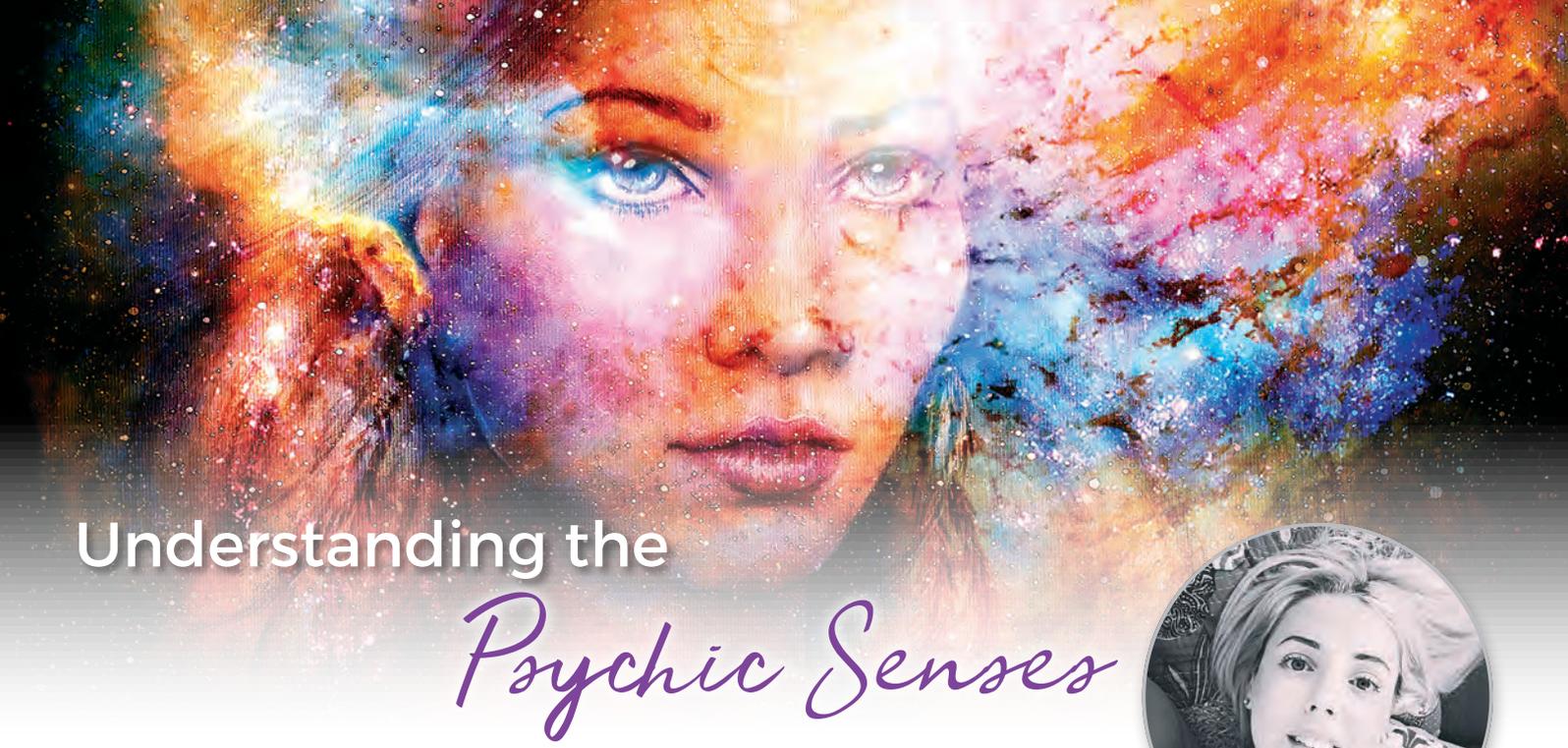
monitor the energies we are engaging in, both through our interactions with others and our own thoughts and self-talk. If we are constantly telling ourselves “we can't”, “we'll never”, “it won't”, “we hate”, then our energies will plummet and keep attracting more of the same.

If you replace the words ‘never, can't, won't, haven't and hate’ with ‘always, can, will, have and love’, you can immediately feel the energy opening up to possibilities that are not evident in the negative frame. Our thoughts and words are powerful manifestors of our reality and really make a difference to how we feel about things.

So, if your cups are empty and you really need a break, stop making excuses and start listening to your body. Make time for a healing, take a short break, do some meditation or have a nanna nap. If you really can't take time off, make time after work to do what you need to do to recharge and recover. Also, take charge of your thoughts and start to take notice of the tone of your words. Speak in positives rather than negatives, because not only does our sub-conscious believe what we say, the Universe listens and gives us what we ask for!

Lastly, ask for help. No man (or woman) is an island! Of course, you can find a practitioner, call on a friend or family member to help or talk to your boss about getting some time off, but don't forget to call on your guides and the Universe to help you as well. Be positive and clear in your intentions and allow the Law of Attraction and the etheric kingdom to work for you to get yourself back in balance and feeling ‘full to the brim’ with health, vitality and positivity.

 www.victoriacochrane.com



Understanding the *Psychic Senses*

ARTICLE SOLRETA ANTARIA

“There slumber in every human being faculties by means of which he can acquire for himself a knowledge of higher worlds. Mystics, Gnostics, Theosophists – all speak of a world of soul and spirit which for them is just as real as the world we see with our physical eyes and touch with our physical hands.”

– Rudolf Steiner, How to Know Higher Worlds



To understand the psychic senses, first we must understand our interaction within our physical bodies.

The physical body is merely an avatar or a bio computer, capable of downloading and installing spiritual, energetic updates – the software or download are representative of our human soul or spirit living within the physical body.

Within our brain, we have a pineal gland, a small pea size organ that exists on the forehead, between the eyebrows, located in the centre of the brain. This tiny gland has a tuning fork shape around it.

It is both the sender and receiver of psychic energy.

The brain then connects into the Vagus nerve, also known as our body's superhighway. The nervous system is our biofeedback into the physical and spiritual realms. This is why we get goosebumps when spirit is around or we get a gut feeling about something happening on a psychic level.

Our acupuncture and chakra systems both plug into this.

When one understands that we are a soul living in a physical avatar, we can then tune in to the various vibrations and frequencies from the subtle worlds around us.

We sense these realms through our higher senses, often referred to as ESP or psychic abilities.

We often find that one's dominant physical sense will also be their stronger psychic sense.

Regular use of meditation, breathing exercises and psychic training will quite often lead to stronger psychic development and can sometimes lead to multiple psychic senses being developed and crossed sensory input. This multi-sensory information is often referred to as synesthesia or a blending of the senses. With synesthesia the brain associates a colour with a feeling, or a taste.

Sometimes the brain will even see music as colour symphonies, numbers, or patterns.

This also takes place after many years of psychic development – we can experience a blending of the psychic senses.

People often report being able to then tune in with a multitude of psychic skills, able to pull more information from the spiritual realms. This leads to receiving multiple streams of information through various psychic senses at one time.

This also opens the way for some psychics to tap into higher dimensions, connecting with higher realities, beings, ascendant masters, angels and guides.

This can lead to greater understanding of the spiritual realms and how we interact with them.

There are of course those that were born with these special faculties already working. These special souls have often worked lifetime after lifetime, to develop the psychic abilities often coming to Earth to be of service to humanity and the planet.

 www.facebook.com/solreta.psychic.readings

How a

Spiritual Awakening Saved My Life

ARTICLE MARSHA SCHULTS

In foetal position on my bed with my hands clasped so tight my knuckles went white and numb, I prayed harder than ever before.

My MS diagnosis threw me into a state of shock. I went to bed fully clothed. I hardly made it to the bed... no dinner, no shower. I had nothing left. I was in an absolute shock. It was difficult to breathe... I knew it wasn't 'Fibromyalgia'.

I was broke, sick and defeated. I'd spent all my money on alternative therapies from acupuncture, massage, kinesiology, musculoskeletal therapy, homeopathy, naturopathy, osteopathy, counselling, EFT (tapping), chiropractor, even psychotherapy. Nothing worked.

All the diets... Paleo, vegetarian, blood type, no sugar, pescatarian, juice detoxes... I was even doing coffee enemas. I was desperate. My bladder intolerance had been diagnosed as an irritable bladder (eye roll). I was 45 and wearing incontinence pads. I'd complained of blurry vision and hearing loss, food allergies, depression, anxiety, rheumatoid arthritis, hypothyroidism, eczema, memory loss, difficulty speaking, severe insomnia AND chronic fatigue. I was beside myself.

The emotional trauma from my past had won. There was nothing left to do but surrender...

"Show me the way. I surrender this to you. How may I serve. Bring me the people. Help. I know I can heal," over and over and over. ALL NIGHT. I got up at 3am. I told my daughter when she got up. Tears welled in her eyes. I told her, "No, it will be alright. I will recover. I know I can. Don't worry." That's all it took. The look on her face.

The phone rang. It was Ros. She reminded me about the health event a few days later, at her house. I dragged myself there. I looked ok. I hid my suffering well. Standing room only for some, it was packed. A doctor in the crowd, well known for 'healing autoimmune naturally', came to me after the event. We talked for hours. His protocol made sense to me. Stem cell regeneration and gut healing – to support the body to heal itself.

I'd been personally studying health for 17 years. I knew this stuff – but didn't have access to my brain. 8 weeks later, I was back at full-time work. I was sleeping. Every. Single. Night. 4 months later, I felt 80% better...

18 months on, I received my Medical Intuitive accreditation. I became a best-selling author and I am busy writing my program for my online video coaching program. I have my life back... I'm kicking goals and love helping others achieve their dream life too...

Today I am symptom free. I'm off all my medications. I'm running again! I have so much energy and have never felt happier in my entire life. Since the night of my MS diagnosis, I witnessed one miracle after another from that day forward. I have helped thousands of people using my medical intuitive ability to take control of their health – and their lives. There's no need to suffer.

 To learn more, join my group:
www.facebook.com/groups/agewellwithstemcells



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Gwenda Smith

Healing Practices for a Life Enriched and Free

INTERVIEW and ARTICLE BY MICHELLE R PRICE



How many of us are chasing lives where we are having a majority of our needs met? Doesn't sound like too much to ask for does it? But in reality, achieving that can be like searching for a needle in a haystack. Spirit Medicine Woman, Gwenda Smith, joined me for a conversation about this very subject which forms the basis of her entry in the Spiritual Discovery Journal. She shared with me her advice around how to achieve a life which is enriched and free.

Gwenda is a healer, but she also practised Nursing, meaning she has seen medicine and healing from both sides. That in itself makes for a very interesting conversation.

Gwenda learnt she was a Seer (defined as someone who is able to see into the future) at the age of four. She became a Nurse at 16 and noticed how people with the same illness, injury, surgery, medication and treatment recovered differently. She also trained as a Specialist Nurse and noticed that what was inside the human body looked similar but questioned why the recovery process of each person was so different.

Gwenda enjoyed her career until a heart-wrenching incident at work convinced her there must be something else out there for her. She studied to become a Spiritual Mentor, Holistic Practitioner, Lifestyle Mentor and Educator. Using her training, Gwenda is able to look deeper at the underlying causes of a particular health condition. She said a majority of her clients, "Have no awareness that these things actually come from discord between the Earth mind and their soul. Being a wholistic practitioner means that I look at the entire being," she explained.

Gwenda's contribution in the Spiritual Discovery Journal, titled Healing Practices for a Life Enriched

and Free, aims to assist readers to get on track to achieve just that. "My catchline is, I believe everyone deserves to live a glorious life," Gwenda said. "To live a glorious life is to know how to live enriched and free, so I present to you seven practices and these are my foundational practices, which over and over, time and time again, have been proven that without these foundational practices life goes haywire, chaos, pain, discord... not enough money, not enough time... and it just goes on and on.

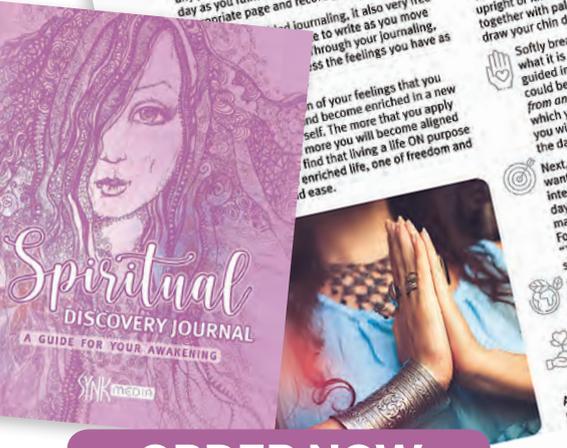
"So, the seven practices that I have for you, provide you with a really solid foundation where you can access everything you have within you to bring you ease and peace and calm and quiet," she said.

Gwenda added that eventually, after following her seven practices, we will come to realise that we can't run away from ourselves and that all of the answers we are looking for, we have them within, we just need to learn how to access them.

"These practices give you the foundations for you to begin your day and end your day and make it everything you would want it to be to be enriched and free... so when the soul is feeling free, you flourish and you have a glorious life."

Gwenda did stress that life will never be perfect as we are here to learn and expand and grow, "But you don't have to have a life of struggle and a life of pain."

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Gail Conley

Tarot Reading with the Moon to Map your Journey

INTERVIEW and ARTICLE BY MICHELLE R PRICE



If you're struggling to find the right path in life, you will want to continue reading. Psychic Tarot Oracle Reader, Gail Conley, is one of the contributors appearing in the Spiritual Discovery Journal.

Gail's contribution, Tarot Reading with the Moon to Map your Journey, aims to help us find our path. And excitingly, readers will be able to create their own Tarot cards by following Gail's guidance.

Gail uses New Moon and Full Moon readings to look at her wishes and release anything which needs to be released during that particular month. She drew on this practice for her Journal contribution. She said readers will be able to make daily diary entries adding that she used Moon Cards from the Major Arcana for inspiration.

She explained that at the New Moon and Full Moon, participants will do a Tarot spread utilising a process that looks at which star sign is in transit and what energy is transmuting.

Gail had to get a bit creative with her contribution because of copyright laws so she told her son Shaun a bit about the Moon card in Tarot and he was able to create three of the cards in the series. His cards appear throughout Gail's daily reading template. She also managed to get permission to use cards which have been created by others after seeking and receiving their permission.

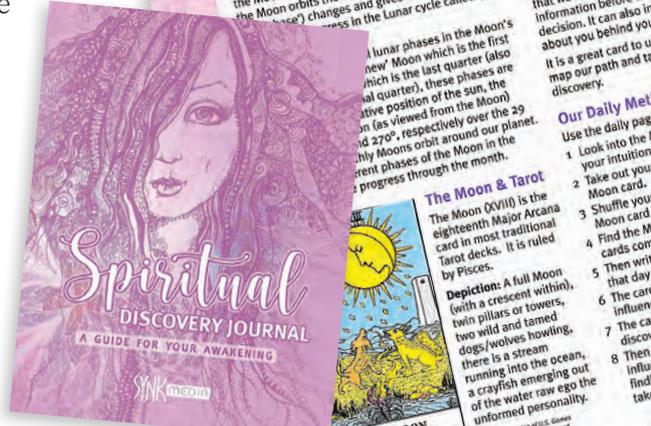
She urges, "Anyone that is interested in Tarot and the energy of Tarot just to try it out. This is a good little snippet for them to have a look. If they want to go a little further, they can." Participants will be able to look at each of the cards and use their own intuition to determine exactly what

the message is for them. This allows readers to individualise their message.

One of the best things about Gail's contribution is that she also offers free resources to help readers make their own Tarot cards. Her entry also features a Moon Calendar which helps readers track the New Moon, Full Moon and correspondences that go with the Tarot card and the energy that's coming in.

For example, if readers begin the journey with Gail in June, they can use her free resources to bring up the Moon Calendar and locate what they need to move forward at that time.

 Gail is an Intuitive Energy Healer and works with the Usui and Sekhmet Reiki techniques. She also performs Magnified Healing, which according to the official website, is used for distant healing, balancing the karma, activating all the strands of DNA as well as healing the Earth. Gail works with Kuan Yin and Mother Mary energy during the Magnified Healing. Gail also works with the Angels in her healings, including Archangel Michael. www.facebook.com/gail.conley.52



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Manifesting Magic with your feelings and words!

ARTICLE DAVID LAWS

The subject of manifestation is often one fraught with confusion and misunderstanding. Many people think it all revolves around luck and that the Universe seems to pick random people to bestow good luck upon or conversely, bad luck! Nothing could be further from the truth. At ALL times the Universe is responding to one thing and one thing only. Your vibration!

Most people have no clue nor pay the slightest attention to the words they speak. One key thing I teach in my workshops is the power of the spoken word. When people bemoan, whinge or complain about their lot in life, they'll have little chance of ever manifesting their wildest dreams. You see, every word you speak carries a vibration of its own. The more positive the word, the more powerful the vibration. The more disempowering the word, the lower your vibration is going to be.

Your subconscious mind does not discern the difference between a joke and a serious comment. It takes everything you say and feel LITERALLY and creates that reality and experience for you!

People often say, "Gosh, I was only joking!" Well,

as that wise old saying goes, do be careful what you wish for because it WILL become your reality.

Likewise, with your feelings. Many people wonder if they are attracting or deflecting their dreams or if they are actually on track! The quickest and easiest way to know whether you are or aren't on track is by checking in on how you are feeling. You see, the Universe is only ever responding to your vibrations, vibrations that you emanate through the words you speak and the feelings you have. I often say to people, we create a world of misery or magic, simply by the words we choose to speak and by the feelings we feel.

Sure, you can't check on your words and feelings every second of the day but it's learning to be mindful of how you are living your life on a day-by-day basis. If you feel your soul soaring, you're well on track to manifesting your dreams! And when your words are full of love, hope, laughter, joy and inspiration, you're attracting greatness to you!

Once you become more mindful of your words, thoughts and feelings, you'll start to notice the subtle changes coming in to support you and your life's path! It's fun to do and once you start understanding how easy it is to live and work this way, you'll become unstoppable!

Happy manifesting my beautiful friends!

 www.facebook.com/davidlawsfamousflowerman



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THE WITCH OF MOONS LANE



Using Music to Heal your Life



INTERVIEW AND ARTICLE MICHELLE R PRICE

Singer-songwriter Katie Underwood has just released her fourth studio album of meditation music and is super excited. The former pop star has enjoyed a 30-year career in the music industry but her taste in music has shifted dramatically over the years from jazz and dance to meditation music.

Katie said her parents reckon she has been singing since about the age of two and it continued from there. Although her parents aren't musicians, she said they did play music often when she was growing up. Katie began piano lessons from the age of six and joined the choir at

age 11. She also found herself performing solo in front of audiences as large as 2000 after responding to a request from her primary school. She jokes that this was her, "First big break."

She lost touch with music when she entered University in Adelaide. She admits her parents didn't think music was a real career and wasn't a reliable income. Katie didn't reconnect with music until she moved to Melbourne around four years later. She began to write jazz and dance tunes and that kicked off a 30-year career.

Katie is largely remembered for being part of Bardot. The all-female group won Popstars in 2000. She said the best thing about being tied up in dance music is it was a community. People were all there for the same reason, she said.

As she grew in years and wisdom Katie turned to something which has brought her peace in her life. She studied to become a Meditation Teacher and Member of the Meditation Association of Australia. She has also studied Sound Healing, which inspired her journey into Mantra Meditation.

She explained that her journey is, "Definitely a reflection of my own personal spiritual journey and I feel much more aligned with this sort of music... which is very heavily mantra-

based and relaxation-based, I don't consider it a performance or a show in any way because it's not about me, it's about creating music that enables other people to have their own experience.

"It feels more an act of service than a performance, so there's a very different energy around this sort of music than... the days when I was doing dance music and pop music, which is all about the image, it's all about 'look at me', it's all about being sexy or being cool or being appealing... you're a product, especially the record labels will market you as a product, not a person."

Katie is now taking an entirely different approach to music and is much happier. She decided that she wanted to perfect her Chanting practice so sought the assistance of US-based Jonathan Goldman to hone her skill. Katie took a big chance and boarded a flight to the US to sit down with Jonathan and around 90 other practitioners.

Katie's intention is to care for and guide people with her music. She now has a deeper understanding of the different types of instruments and what they can do, with respect to calming the body, calming the nervous system and the brain waves. She said a large part of what she does is intuitive and that comes from her own meditation practice.

After spending time in workshops over the past five years, Katie has glued together everything she has learnt through Meditation and Sound Healing training. She said she always tries to draw people into the present moment to help them relax by inviting them to pay attention to the sound. She wants people to look further than just hearing the sound to studying how it makes them feel in their bodies. "When you're in the now, you're whole and complete," she said.

Katie has just released her fourth album, *Mantra Dreaming & Mantra Rising*, which aims to help listeners get a restful sleep. The double album was inspired by Katie having repeated conversations with people who were having trouble sleeping during 2020 either due to the fact that they had young kids, were stressed or were sick, elderly or just struggling in general.

She explained that the important thing to consider when trying to aid sleep is to not include sounds which are too dynamic, nothing too loud or unexpected. She said the idea is to provide sounds which are highly repetitive, soothing, rhythmic and slow. Katie paces her track in sync with the standard heartbeat, which is 60bpm, which encourages the listeners' heart rate to try to tune into that rhythm. Additionally, she uses



her tracks to slow brain waves, facilitating deep relaxation. Each track ranges between 10 and 20 minutes to avoid interruptions.

Katie admits COVID-19 has forced her into the online space, which she considers a blessing. She wasn't able to perform live for quite some time but has had time to put this latest album together. She is back performing in front of an audience now, and numbers are almost back to normal.

She has received some positive feedback already, saying parents who have purchased *Mantra Dreaming* have told her they have found it useful for helping them get their babies to sleep, sometimes within 10 minutes. Katie joked that she has been urged to relabel herself the 'baby whisperer', but she said she can't guarantee that will happen every time someone plays her music.

Other people who have purchased her album, reported playing it for their children who have been diagnosed with Autism Spectrum Disorder. Katie's vocals seem to be able to capture the attention of these youngsters. She also heard from a man who works in an aged care centre and has an elderly female client who is very difficult and angry and would sometimes lash out. This man heard Katie perform live and purchased one of her CDs. He took it to work with him and played it and found that his elderly client not only calmed down but also smiled. He has invited Katie to perform live at the centre but that hasn't happened yet.

Katie feels like *Mantra Dreaming* also works well as background music.

🦋 *Mantra Dreaming* is currently available on USB and CD on Katie's website: www.underwoodhealing.com and will also be available for digital download via iTunes and Google Play and the like.



ARTICLE ALI GOWARD

We come into this world for two reasons. Firstly is to experience a 'finite' lifetime, in which we have to learn specific aspects of love, how to give it, how to receive it and what love is! We do this as human beings with all the human emotions and experiences, good and bad.

Secondly, we are on a mission as an 'infinite' spiritual being, inhabiting a human body just for the experience to learn, grow and be of service. Our spiritual aspect or reason to be might be to assist and help another soul through their journey in this lifetime or to help and guide other souls by being a mother/father family guide through the experiences of this lifetime... all to learn the lessons of love.

I know now for me my spiritual mission in this world is to 'help heal horses'.



From a young age, I knew I was here to work with horses to help give them a voice to do something with them. But what? Horses are the most beautiful, magnificent spiritual animal beings, here to help man learn about love.

But how? How was I to do this?

How do you know what your mission is? As I found out you don't 'have' to know! The spiritual aspect of why you are 'being' here all unfolds as you walk through this life as a human being.

To find out what my spiritual mission was, I had to experience half a lifetime before having that 'Ah ha!' moment of knowing why I was here.

I was here to help (be of service) to horses by healing.

Even as a kid, I knew I had other aspects of



Senor, Sirrocco's father... teaching and healing with EMRT... he attracts white light...

me that were spiritual in nature. I would put my hands on a body and feel where they were sore and as I grew and developed, my work became more and more into spiritual healing, channelling and working with spirit.

When I came across Bowtech® in 1989, the gentle non-invasive holistic nature of the moves were shown to be the perfect vehicle in which to be able to do my 'work' through and complete my mission on this Earth.

Now I knew I was going to use this therapy, but how? If I stayed in the spiritual lane – I would have been classed as one of those 'airy fairies' and not taken seriously (this was 1990!). So? I prayed to God, "How am I going to do this? I need help!"

The guidance (I call it my brief) was not from an earthly source... and these 3 simple phrases are the cornerstone of the therapy which is so well regarded now in both allopathic and naturopathic worlds... 'to make it of this world... for this world... so it would not get lost to this world' – such simple words that held so much knowledge and wisdom.

This brief meant I had to take 'the work' from the spiritual into the physical realm, so when I pass on from this earthly plane, there had to be a body of work left to be used in an earthly context...

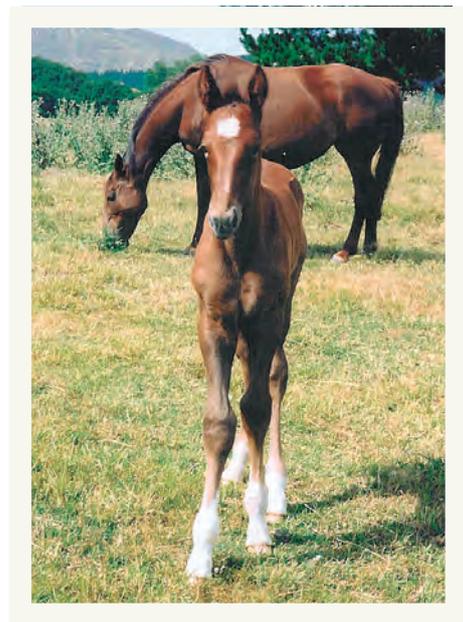
The work had to be very tangible; very understandable; very usable and easily taught.

And so... EMRT® Equine Muscle Release Therapy was born in 1990; this was over 30 years ago, and with my own training as a remedial body specialist and the help of my veterinary friends, it went from pure spiritual healing into a very inclusive tangible holistic hands-on body therapy that embraced all planes of existence – the physical, the mental-emotional, the energy EMF/spiritual planes.

Whilst the therapy has been taught in the most practical way around the world, we never forget our spiritual origins. We know we are channels



This little foal was caught in his mother's pelvis during birthing... he had 4 treatments of EMRT and look at him now...



for love and light. We know we are the conduit for the most beautiful, gentle, non-invasive spiritual healing. Thank God!

www.emrt.net.au

www.facebook.com/emrt.ali



Senorita Daddy, Senior and Sirrocco with Ali and friend John Skerrett.



*Bringing people together
and bringing out the best in them!*

MICHELE SCOTT, Founder of OWC



visible in our hugs, our smiles, and our spiritual intimacy with each other, even if you were new to our community.

Our strength is in community and we believe we are stronger together than we are alone. When our individual energies are unleashed, we can power up the entire group, therefore our theme for our first event for 2021 was 'Rising Up'.

Each speaker took to the stage to share her story and how she rose like the phoenix out of the ashes to bounce back from those down times and hard knocks. In the stories of others we find our own, and this is reassuring as we learn we are not alone in our stressors and struggles in life.

We also learned new tools as our speakers shared how they dug themselves out from the hole of self doubt and depths of despair, to become healed and whole again. Also reassuring, because if they can do it, we can do it too.

2020 was an experience that showed us old ways of 'doing' and 'being' in the world are coming to an end. Old systems and constructs are breaking down and it's time for innovation, creativity, and new ways of doing things. Some of the descriptive comments from the evening included "inspiring", "fantastic", "bonding", "fun".

Welcome to Our Wellness Community

Oxytocin, otherwise known as the 'bonding' hormone plays an important part in human bonding and positive emotions. Hugging, kissing, cuddling, and sexual intimacy can all trigger oxytocin production, which can strengthen bonds between adults (www.healthline.com).

A lot of oxytocin is released at our real life events! So, we were absolutely thrilled to finally be free to hold our first Wine and Wellness Evening since the onset of COVID-19 and subsequent isolation restrictions in 2020.

We gathered on February 26th followed by another event in March, and the excitement was

Join OWC:

www.ourwellnesscommunity.com.au

Join us at our next event to fill up on oxytocin!
www.ourwellnesscommunity.com.au/wellness-events/

Our Wellness Show and Tell Sessions

Our Wellness Community (OWC) is a collaboration of women who heard the call for change many years ago and answered it.

We are passionate women on a path to heal as we have been healed, to teach what we have learned, and to unlock in our audience the profound gifts that have been unlocked in us too.

Each week in OWC you gain access to LIVE sessions presented by many gifted, knowledgeable and experienced Healers, Teachers, Readers and Speakers.

Work with us:

www.ourwellnesscommunity.com.au/work-with-us/





MICHELE SCOTT, Alchemist Healer, Wellness Therapist, Numerologist



Past Life Fears

Numerology is an ancient art that we can utilise quickly and easily to tap into our modern day insecurities, doubts, and fears.

Over the many years that I have been guiding and supporting my clients in their healing and self-development I have come to realise it is not their strengths that move them forward, but confronting and overcoming their false beliefs and fears.

Your date of birth in Numerology is another pathway to uncover your fears in this lifetime and learn how to use the fuel in this fear to move forward rather than be held back.

Here's how we work it out.

Add all the numbers in your date of birth together. Eg: a birth date of 23/12/1985: $2+3+1+2+1+9+8+5 = 31/4$ (the further addition there is $3+1 = 4$). In this equation the past life fears the individual is working through, are all the digits after the equals sign: 3, 1, and 4.

Here's what it all means.

#1 OVERCOMES FEAR OF ABANDONMENT

A fear of being alone can squash your potential to lead. Don't feed the fear! Use the energy here to become self-sufficient and in turn, brave enough to unleash the qualities that make you unique.

#2 OVERCOMES FEAR OF CONFRONTATION

A fear to confront leads to ignoring your better judgment, instincts, and inner knowing. Use the high level energy in this fear to become a more skilled negotiator and communicator.

#3 OVERCOMES FEAR OF REJECTION

A fear of rejection hides the creator in you and silences your emotional expression. When you build self-worth, you won't be diminished by what others think, say, or do and you'll start speaking up.

#4 OVERCOMES FEAR OF LOSS OF CONTROL

A fear of loss of control becomes an obsession to rule and keeps you from feeling balanced and at ease in life. Focus on inner foundations in values, virtues, and boundaries to build control from the inside out and feel centred in any unstable environment.

#5 OVERCOMES FEAR OF COMMITMENT

Fear of commitment makes you skim the surface of life and denies you access to the deeper levels in



love and life, career/business. The treasures worth having are buried deep! Apply yourself to ambitions that truly appeal to you and commitment will be easy and rewarding.

#6 OVERCOMES FEAR OF FAILURE

Fear of failure is deceiving and prevents you from applying your gifts for success in life. Failure is only found in not getting started, so perfect your craft, your vision, and the steps you need to take to bring your dreams to life.

#7 OVERCOMES FEAR OF THE UNKNOWN

Fear of the unknown binds you to the devil you know and traps you in circumstances that feel safe but don't serve you. The journey of self-awareness helps you build trust in your inner voice and becomes the known quantity in every new circumstance so you feel safe.

#8 OVERCOMES FEAR OF LOSS OF POWER

Fear of loss of power leads to a distorted world view and puts too much focus on external measures such as appearance, career, money or status to feel good or powerful in life. This is false and unfulfilling. Real power lives in you and when you use it to stand up for making the world a better place, you find success and satisfaction.

#9 OVERCOMES FEAR OF NOT BEING LIKED

Fear of not being liked leads to people pleasing and doing what is allowed rather than what is aligned with your ideals, ethics, and integrity. The practice of self-love and becoming your own best friend is self-honouring and after saving yourself, you can save others.

Learn more about your Numerology Profile: www.ourwellnesscommunity.com.au/michele-scott-numerologist/

Being the Soul that I am...



ARTICLE SUZI PARRETT

Since I was a small child, I always knew there was something around me, something that I couldn't see. It was like I was being watched or observed. But the funny thing was it never made me feel uneasy or scared. It made me feel at peace and protected. My family thought I was crazy. As I said, I saw these other beings that they couldn't see. So I stopped telling them as it scared them more than it did me.

As time passed and the older I became, I saw other beings all the time. I was living this doubt life, one with spirit and one with the physical. Other children couldn't handle me, so I became very insular with my spiritual side. I kept it to myself for many years.

My father passed when I was 13 years old, and for two weeks, I never heard from him. I wasn't pleased with him when he woke me while I was sleeping to tell me he was on the heavenly plane and was okay. You may laugh but I said to him through telepathy, "Where the hell you been?" I was so worried as it had taken him two weeks to come back and tell me he was on the heavenly plane. Bless him, he told me, "I went straight up and did what I needed to and came straight back to tell you that I am okay." I learned that time on the heavenly plane goes slower than it does here on the Earth.

I had also known as a small child, there was no death because of certain situations, and even eating something would flash up a memory of a past life I had lived. I also knew from a very young age my mother had been my younger sister in a past life.

I have been here many lifetimes, and I do recognise souls from the past and I have written many souls back into this lifetime as friends and soul mates.

But I am so pleased to tell you as I grew within my spiritual gifts, so did my knowledge of the observers I mentioned. These beautiful beings of the light were in fact, angels. I work closely with the Archangels, especially Archangel Michael (Mr

Bossy), as I call him because he is. But he never offends me, just pushes me forward in my life and gets me out of my comfort zone, while making sure I get the things done I need to do on my spiritual path.

The angels have helped me grow with my spiritual gifts from a small child until now. I am still learning all the time from them. They never give me anything I can not handle, only lessons and experiences to help me grow as a soul while I'm here. When my life has been threatened, they have slowed down time to crash my car as they instructed me to save my life. The car rolled more than once with only the boot area not smashed up... all windows except the back ones were smashed. I walked out of that car without a scratch on me; I was obviously shaken. The next day I was sore, but I survived it all because of the divine voice telling me what to do.

I now work with the Archangels every day. Some mornings the choirs have woken me up. Their angelic voices bring so much love in, especially as I don't do mornings, lol.

 Suzi Parrett comes from a long line of Romany readers. She is a Psychic Medium, Clairvoyant, Spiritual Coach/Advisor, Angel Communicator/Therapist, Teacher of Meditation and The Angelic Realms. She also removes spirits and entities from land or property, and close portals.
www.myangeliclight.co.uk
www.facebook.com/SuziParrett.AngelicLight



The Inner Child

ARTICLE CHRISTIN EWALD

Everyone of us has an inner child. In fact, we have parts inside of us at all ages. Including the ones older than we are.

Everything that happens in our life reflects our internal world. The inner child is the gateway, if you may, to tap into changing this for the better.

Imagine you are 3 years old again, what did you love doing? What brought joy to your heart? What did you spend your time on that made you happy?

Some of us are unable to answer these questions. Some of us never had these bright experiences or limited ones.

The inner child is where we heal our experiences and turn any situation into one we choose to experience.

With any, I mean any. This can be separation of parents and finding yourself in between conflict of the parents and having attracted dysfunctional relationships later in life as a result of it. It can heal sibling rivalry. Sometimes us attracting bullies into our lives can be rooted in us having been a little toddler that cannot voice their boundaries yet and a caring sibling having overstepped those boundaries without knowing. Now it is implemented in us that overstepping our boundaries is normal and we attract bullies into our lives. We get to change this with the inner child.

We go in, go back to the root of the problem (at the age it happened), where it first occurred and change the situation to one that we needed to experience in that moment to our choosing, e.g., a boyfriend not cheating, parents separating in a loving way and playing with you often, siblings being mindful of your boundaries and needs, you speak up instead of staying silent, etc. YOU get to choose the outcome now! You get to choose what you needed to experience. You get to re-parent yourself (instead of the parents or people showing up for you the way you needed it, you get to do it for yourself now).

This changes our energy, releases the trauma of the original experience (such as the pain of our parents fighting and separating, our boyfriend cheating, etc) and changes our life on the outside in

a way that we feel loved; our parents are loving and supportive regardless of their relationship with the other parent; we are making empowered choices and setting healthy boundaries, etc.

Life in general becomes a lot more fun and playful again. We get to feel safe, loved and experience the magic of 'feeling like a child at any age again'. This is what my mentor Angela Hryniuk taught me.

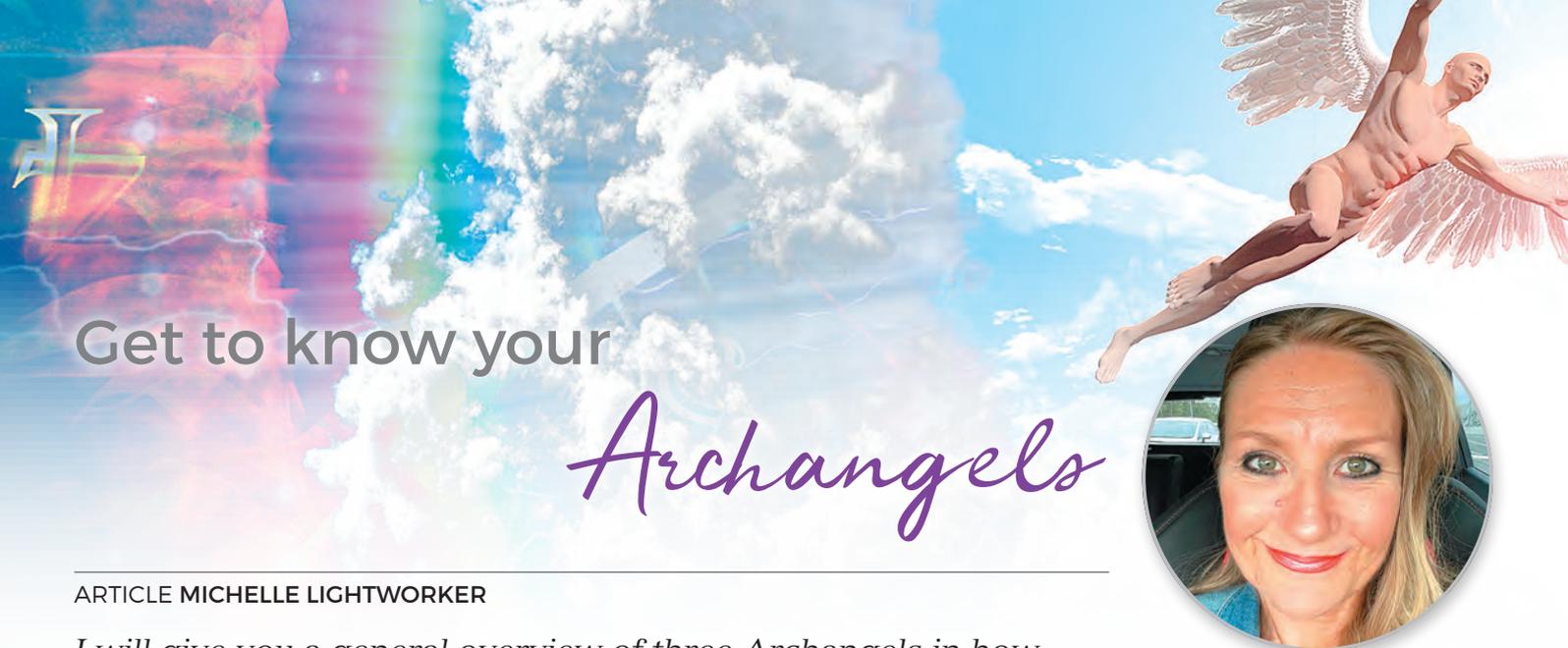
We can work with our inner child in tough times when we feel anxious, when our dreams seem too big and too far away to achieve, we can tap in and reassure him/her with the words and actions he/she needs to hear. When we are grieving a loved one, we can show up for them in the way we need someone to show up for us. Likewise can we tap into their desires to get clear on our dreams, unfulfilled desires, etc and bring them into reality? It is exciting.

There are no limits as to what you can heal: baby age, birth, teenage years, toddler times. You choose. Every age symbolises different areas of life as well – toddler: exploring our environment and feeling safe in the world; teenager: sexuality; baby: feeling safe and held. You get to feel all of this again in a healthy and magical way if you choose to work with your inner child. With you.

Healing and working with the inner child can heal physical issues such as eczema, weight problems, acne, etc as well. These physical ailments are, after all, manifested emotional trauma in the body that has never been released.

If you would like to tap into your inner child and explore it and the positive results it has on your life, please send me a message. I am offering Oracle Card Readings in which I am addressing this among other things.

 You can find me on Facebook under @christinewaldismagentagoddess or send me an email to magentagoddess5@gmail.com I am looking forward to connecting with you.



Get to know your

Archangels

ARTICLE MICHELLE LIGHTWORKER

I will give you a general overview of three Archangels in how they came to me and others.

However, remember that your own personal relationship with the Archangels is what really impacts and creates change in your life. Make a personal connection with them and you will use them. Just imagine your own personal guidance counsellors assisting you with every little detail. It's enough to make you feel like a king or queen. We all deserve it!

The Archangels told me that they would provide some extra guidance channelled through me in the following descriptions. The information came through referring to a specific subject they wished to communicate to me. They may wish to communicate something different to you.

Archangel Jophiel

This one's into beauty. She is the ultimate Beauty Technician with everything to do with making and creating beauty in your inner and outer world. She works closely with the fairies and loves nature of course! My kids love her because she helps them to be in awe of the tiniest things in our garden that are indeed magnificent. Like the little green spiders and tree frogs. Or beauty in new plants sprouting. Love her, she is anything but superficial. She helps me to release negative beliefs and replace them with more positive ones. I like to see her as the butterfly of the Angelic realm, because she does transform our ugliness filter into a beautifying one. Whether it's designing a room or garden with correct Feng Shui, beautifying your thoughts, connecting with your own unique beauty, working with art, choosing clothes for your partner or designing your hair – she's an expert!

REGARDING BEAUTIFYING YOUR MIND:

Archangel Jophiel says: "Beautify your thoughts. Allow the negative to wash over you,

take from it whatever gift it brings, give it what it needs and let it go. Focus on what you want to create for yourself, others and your planet. If you beautify your thoughts, you will be able to hear and see what we have to show you. You may find being part of the solution a little scary at first because it is new. After a while though, you will know that there is nothing better or more meaningful that you could be doing with your life and your time. And the time is now. See the beauty in yourself and others now. Focus on what you want now. Don't dwell on what you don't want unless there is a learning there. Swiftly move onto the next learning. As I said, the time is now."

Archangel Zadkiel

Zadkiel is the Archangel of assisting with the flow of the chi through the material world. The chi holds the memory of where it has been so therefore it is able to retrieve objects that are lost. It is able to retrieve the memories we require. It is able to retrieve the compassion for self that is at the heart of unifying back to The All. So Archangel Zadkiel helps us with memory, studying and forgiveness. I see him as the Angelic Shiatsu Practitioner.

ABOUT RETRIEVAL:

Archangel Zadkiel says: "If you are looking for something, it means that you feel something is missing. I will help you to connect with the feeling of wholeness and back into the flow of The All. I will help you to balance and maintain all your systems and memories in the right order and balance. I will help you to align yourself in your centre and in your energy systems. You will continue to evolve, and I will continue to assist you. When you get a hunch that you need



to take better care of yourself, call on me, I will give you the correct information that is the most effective approach to taking care of yourself. I will help you take short cuts that can enhance your life and help you to stay on top of things easier. Don't fret if you judge another. One of my short cuts is to help you embrace all your parts and find the compassion for each one. This is the quickest way back to forgiveness and to being in the flow again. I move mountains with my energy. Nothing is too great, nothing too small. Not even a pimple."

Archangel Raguel

This Angel helps with conflict resolution. So if you are in the middle of a fight with your partner or someone else, call on Archangel Raguel for guidance. He also helps with being a mediator, or if you are providing a mediator role to more than one client or a group of people. He is able to see all the points of view and show them to you easily.

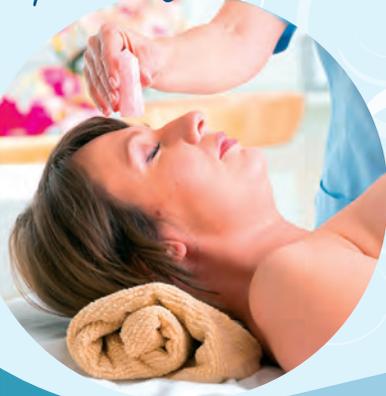
ABOUT CONFLICT RESOLUTION:

Archangel Raguel says: "When you get out

of your own way, you step out of conflict with others. When you stop judging them and seeing their cries for love, you will soften. Be patient with yourself. Don't expect too much too soon of yourself. Miracles happen, yes. However, the learning in relationships and the path that you walk is as much a part of the process than getting to the end result. Be not afraid of intimacy and to be yourself. Love, love yourself and shine your light on others. Don't shrink from your own light. As you give yourself permission to shine, you also give others permission. And don't expect perfection. So, celebrate your imperfection and in that of others and you will relate in a healthy, joyful and stress-free way. And open your heart to others. It is safe. Call on me now to transform all of your relationships. I will never see you as a failure. Open your heart to yourself and then you will be able to see others in their perfect imperfection. You will never fail when you call on me. You can only fail if you are perfect. No one is perfect except in our imperfection! Do not be afraid of failure. Failure is non-existent!"

 www.facebook.com/mlightworker

Kirsty THE SPIRITUAL TEACHER



- Advanced Crystal Therapist
- Colour Therapist
- Reiki Master
- Advanced Chakra Healer
- Teacher, Mentor, Coach, Counsellor
- 25 years' experienced Card Reader
- Event Planner
- Crystal Sales

Kirsty has over 25 years' of experience in the spiritual industry. She has helped 1000s of people using her multiple gifts, qualifications, working closely with her guides, teaching, mentoring, coaching and counselling qualifications and experience. Kirsty is also an event planner in the spiritual industry and community.

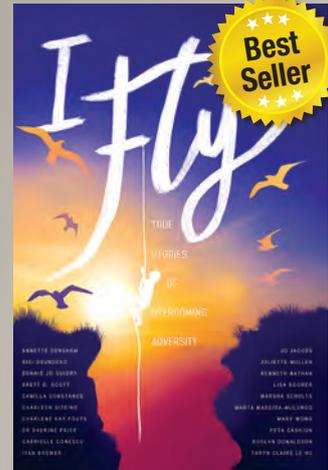


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Best Seller

"This book gives hope to anyone struggling with emotional trauma. It is highly inspirational and sends a message of strength and humanity, as we all share our experiences, not to receive attention or applause, but to empower others who need courage and support, to overcome adversity in any situation."

"My story is about healing Fibromyalgia and MS – NATURALLY after 7 years of chronic illness."

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www.facebook.com/autoimmunerecoverynaturally

What Brings You Joy?

ARTICLE LEONIE FEATHERSTONE

I had a JOY filled day on Saturday! I began the morning talking about one of my passions, Supporting Emotions with Essential Oils, on a Community Radio Show.

I followed it up with a day in the kitchen BAKING!

THERE I WAS -

- Favourite Elton John tunes cranked up reminding me of happy memories touring through Europe in my youth
- Busting out dance moves between the bench top and the stove feeling renewed energy vibrating in my cells and gladdening my heart
- Enthusiastically adding a variety of doTERRA essential oils to my recipes to enhance the flavour and taste and feeling grateful for these gifts of the earth
- Allowing the tantalizing aromas of savoury crackers to transport me across the years to my mother's kitchen in the Outback of Australia where her home-made bread was not just a necessity but a delectable addition to our diet
- Proudly viewing my results and happily watching the look of appreciation on Farmer Green's face as he savoured the outcome

AND THEN...

- I took my 'dance party' out to the pool and floated on my back and lost myself in the mystery of the ever-changing shapes of the clouds

Expressing my JOY brings me a sense of fulfilment and peace!

So, what brings YOU joy?

If you cannot rattle off a dozen or so answers in a millisecond – try this.

- Download Olly The Octopus from my website under MyStore and Free Book Downloads or just



draw a circle in the middle of a page with eight legs going out and draw circles on the ends of those legs.

- Write in the middle, 'What Brings Me Joy?'. Then, brainstorm and fill in the legs. Make this a 'work in progress' and keep adding more legs as you need.



HERE ARE SOME QUESTIONS TO PROMPT YOU:

- What makes me laugh?
- What used I do that I enjoyed?
- What do I like to smell, touch, taste, hear, see, feel that brings me joy?
- What am I doing when I feel 'in flow'?

Then, if you are not doing most of those things regularly, now is the time to START! Make a decision now to have a 'joy'ful year!

 www.scentsofempowerment.com.au

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Baked Green Eggs

RECIPE KIM McCOSKER - Author of '4 Ingredients' cookbooks

Jump start your morning with EGGS! Eggs are nutrient-rich and are a good source of all-natural ingredients and high-quality protein. They can help keep you satisfied longer, making it easier to resist tempting snacks.

SERVES 2

Ingredients:

- 100g baby spinach
- 1½ tbsp (39g) basil pesto
- ⅓ cup (80ml) thickened cream
- 4 medium eggs (48g ea)

Preheat oven to 180°C.

Mix together the spinach, pesto and cream, season with sea salt and cracked pepper.

Tip the mixture into a shallow ovenproof dish.

Using a spoon, make 4 little hollows in the mixture, then into each, crack an egg.

Bake for 10-12 minutes or until the yolks are still slightly runny.

 Recipe from 4 Ingredients Veggie & Vegan ****ON SALE**** now for just \$24.00 – FREE POSTAGE Australia-wide.
www.4ingredients.com.au/product/4-ingredients-veggie-vegan



Understanding why *Too Much Repetition is Counterproductive*



ARTICLE SARAH WATKINS

When you read books about the law of attraction, one frequently emphasised component is repetition. Often, you're told to visualise daily and repeat affirmations and so on.

But how much is enough?

How often do you do it?

Is there such a thing as too much repetition?

Of course, there is. Oscar Wilde once said, "Everything in moderation, including moderation."

While mildly humorous, this quote does make a significant point. There must be moderation.

Mindless repetition is counterproductive to your goal and works against your subconscious mind. Let's see why.

IT WORKS BY 'FEELING'

For starters, when you visualise a goal or something you truly want, the most crucial factor is that you **MUST** 'feel' it. This is not a process that should be done robotically.

It's autosuggestion, and for your subconscious mind to believe that your desire already exists, you need to act and think as it does. Mindless repetition doesn't allow for emotion.

Furthermore, backing your visualisation processes with emotion can be tiring and is best done once or twice a day.

This same principle applies to affirmations, etc. Mere repetition does not get the job done if you're not mindful about what you're doing. Being mindful does require effort. It would be best if you believed what you're saying and seeing.

Less is more here. If you visualise and repeat your affirmations twice or three times a day, but you give it all you've got – you'll see positive results much faster than repeating the process mindlessly 10 times a day.

LACK OF BELIEF

Another reason people repeat their visualising so

often is that they lack belief. Most of the time, this is the underlying cause.

Since deep down in their hearts, they don't believe that what they want is possible for them, and they frequently repeat their affirmations and visualisations to overcome their lack of belief.

This will never work. It's similar to filling a bucket with water when there's a gaping hole at the bottom of the bucket. You have to seal the hole first.

In this case, it may mean tailoring your expectations to something that you believe is within reach. Once you get that, you can aim for bigger goals and dreams.

Instead of repeating in vain, changing your approach will yield more fruit. Your subconscious mind will know how you truly feel no matter what you say or do to fool yourself.

So, feel your success from the bottom of your heart and know that you deserve it – and you'll get whatever your heart desires, even if you only visualised it once a day.

TIME COULD BE SPENT PRODUCTIVELY

While visualisation techniques and affirmations are very beneficial, nothing quite beats action. It would help if you also acted in ways to bring your goals/dreams to fruition.

If you're taking time out throughout the day to engage in constant repetition, you'll be distracted and may miss opportunities that come your way.

Instead of wasting your time away on repeating your subconscious mind techniques, aim to practise your visualisation exercises once or twice a day, with full emotion and belief.

Then spend the rest of your day working and being productive so that you help to reinforce your beliefs that good things are on the way... and they will come.

 www.spiritualeventsdirectory.com

You are a

Manifestation Magnet

ARTICLE OPTIMYSTIC XZAVIA



The word 'manifesting' pops up a lot lately, doesn't it? We are constantly told to manifest what we desire, stay positive, repeat mindful mantras and more. So why does manifesting work for some people and not others?

I'll let you in on a little secret... Everyone is AMAZING at manifesting! What's that you say? "Nothing good ever happens to me! I only seem to have runs of bad luck." That's the thing though, I never said anything about manifesting only wonderful things.

Here's the kicker. We manifest so much of what happens in our lives. We are so good at manifesting, that we attract the good and the not so good to us daily. Think about it. Take a minute to really process how much energy you put into worry, fear, everyday problems, pain, and what you DON'T want. Even the most positive person still has moments of thinking negative thoughts. It's so normal to us! The unfortunate thing is that we constantly attract more of what we think about. You are an energy magnet! Everything you say and think is an energy going out into the universe and bringing back more of that same vibration. Therefore this 'unfortunate' problem is also absolutely awesome because we can change the energy!

We as humans are very powerful beings, coming from a long line of past life history and memories from the creator when we were first birthed into light. Manifesting and creating was so easy for us when we weren't on Earth. Within our bodies on this heavier, denser realm we seem to have forgotten our abilities. Now it's time to realize that so much is possible when we completely trust and let go of outcome. If you really want your 'luck' to change, and I say 'luck' because we create our own, you need to do something different. It may very well be the way you speak to yourself, describe your day to others and process your thoughts. We all like to think we are positive most of the time but it can be difficult.

You also don't need to constantly be shiny and happy to manifest wonderful things either. If you have a rough day, let it out. Be mindful and process WHY you feel this way, WHY did that trigger me, what can I do about it right now? Then let go whatever is out of your control and what you don't

need. It's ok to be angry, just don't unpack and live there!

If you catch yourself complaining, talking about money you don't have or people that stress you out, try changing your words. "I am grateful for the abundance of money constantly flowing into my life." "I am surrounded by positive, helpful, inspiring people every day." Just imagine how saying things like this consistently every day and giving absolutely no attention to the things you don't want would change your life?! It does, I live it every day and witness the changes in my clients constantly. You can do it too!

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Top 10 tips to transform your

Tarot Practice



ARTICLE VICKI HASPEL

Since 1993 I have been reading and teaching the Tarot. The challenges I taught myself to overcome are now the strategies I cover in my Tarot Practitioner course. Here are my Top 10:

1. I AM NOT QUALIFIED

Imposter syndrome! We are terrified someone is going to call us out. Recognise you are not the font of all knowledge and have a community of experts you can call on if necessary.

2. I AM NOT EXPERIENCED

This is a big rabbit hole to go down. It is a self-perpetuating block when you need experience to get experience. Regardless of time served, the perfect client will come to the perfect practitioner to hear the perfect message. Give that message a voice, be brave.

3. I WILL SAY SOMETHING WRONG

We have all said the wrong thing. That is a human thing to do. Listen to your client, they will let you know if you are off track. Your client will only hear what they need or want to hear. The message is not for you so free your intuition and say whatever comes forth.

4. I HAD A BAD EXPERIENCE ONCE

Bad experiences are relative and can be a delaying tactic driven by fear. The perfect practitioner will help you understand and override the mental block you are creating here.

5. I JUST HAVE TO HEAL ONE MORE THING

The mind is powerful and drives our fear. This one pops up when we are feeling most vulnerable. Breathe into your Soul and remember the passion

for your craft. The fear will subside. Repeat as many times as you need.

6. WHERE DO I START

When our creative mind is free to explore, it is overwhelming. Begin with the small wins and build from there.

7. AFRAID OF BEING JUDGED

Trolling is a very real thing in this digital age. Build your community slowly from your regular clients or people you trust before you make the big global leap.

8. OFFERING YOUR SERVICE FOR FREE

This can lead to burn out. I have so many reasons why this is not best practice that I cannot list them all here. Only do it for fun.

9. IT'S ALL HAPPENING TOO FAST

We are so used to the negative that when life is free-flowing we hardly recognise it. Surrender to the flow because this is what you have worked so hard for. Your Soul will not let you drown.

10. I FEEL ALONE

The end of any course can feel like you have been cast adrift. This is necessary until you find your confidence. Like The Hermit you must wander alone until the knowledge settles. Being comfortable in your aloneness is a necessary skill.

✿ Visit my blog for an extended explanation of this list. www.tarotreadingschool.com



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To know your own energy will *Change Your Life*

ARTICLE GWENDA SMITH

You have probably heard of a 'leaky gut', well you can also have leaky energy. You have heard of infections, the same applies to your energy, you can be infected by the noxious, sick, angry, depressed, energy of other people. Therefore it's important that you know your own energy and how to harness it.

The cells of your body are affected by so many things in the external environments such as air pollution, loud noise, cold, hot wind and sun, and air-conditioning.

Equally they are affected by the internal environment of food, fluids, feelings, suppressed or raging emotions and your responses to things around you.

Every one of these factors influences the energy field within and outside of you.

Every step you take generates energy and when you generate energy you create a reality. And every part of your energy fields holds emotions and thoughts which you generate in everyday life.

In every moment, your energy fields expand and contract. What is it that is in your energy fields?

We constantly integrate and merge into each other's energy fields.

Do you harness your energy when you are with other people or when you are out and about?

To know what you are carrying in your energy fields ensures you are able to hold a strong, vibrant, powerful energy which cannot be leaked or leeches. This is how you can live a peaceful and free life. You will have greater mental tenacity and emotional resilience which in turn allows you to live a life that is abundant, rich, and free.

"Cultivate energy fields that are clear and bright to embrace an enriched and free life."

To know your own energy is to be aware of how you respond to other people, conversations, your own thoughts and your spoken word.

To be able to walk in your own life force peacefully, harmoniously is yours to enjoy everyday.

Here are a few things which you can do to harness your energy; be aware of your reactions and your behaviours, walk, stand, and sit with a good strong posture and choose foods which are fresh and natural.

What you eat affects your energy fields because



the food you eat affects the cells of your body, hormones, and your emotional wellbeing.

The food choices you make will either muddy your energy, making it heavy and lacking vitality or it will make it clear, bright, and light. When your energy is clear and light, you can access the wisdom of your Higher self, the guidance from your Guides and other Higher beings; all of whom wish to assist you in this lifetime.

Harness your energy, know your energy to live a vibrant, calm, and happy life.

 www.healwithgwenda.com



Michelle R Price

THE LIGHTWORKER

Michelle is passionate about all things spiritual and has been seeing and communicating with spirit since she can remember.

- Angel Card/Intuitive Readings
- Mediumship
- Past Life Connections
- Pranic Energy Healer
- Reiki Master
- Mentorship

Michelle has a knack for getting to the root of a concern, particularly for health – and bringing through confirmation from the spirit world.

Michelle's intention is to help the people she reads for, and figure out how to live their best life possible.

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How to grow your *Spiritual Coaching Business Organically* in 2021

ARTICLE PAM BROSSMAN

There's never been a more exciting time to be a coach, than right now. The world has changed and hundreds of millions of people are now consuming their content from home online, and you should be excited.

Why? Because those who embrace digital and online platforms in 2021, have access to a global marketplace and unlimited growth opportunities.

Top 4 Visibility Marketing Tips To Grow Your Spiritual Coaching Business In 2021 –

TIP #1: SELF PUBLISH A BOOK ON AMAZON

Now before you roll your eyes and say I don't have time to write a book, hear me out. Short reads are the new 'hot'. People are time poor and they love to read books that they can consume in 60-90 minutes or less. Yes, we are talking 15,000-20,000 words, that's it.

Not only that, it gives you instant authority in your niche. Plus, millions of people go searching for books in the self-development – spirituality category every day. Are they reading your books? It's so easy to become a self-published author in less than 30 days. Contact me if you need help.

TIP #2: FREE GROUPS

Social platform groups are huge right now, especially in the Spirituality space. You're probably a member of a few groups yourself. Organically groups are the #1 conversation strategy right now outside of paid advertising. It's getting harder to get seen, so go where your dream customers hang out regularly, and that's groups.

Currently, free readings seem to be popular leading to an upsell or lead magnet to grow a list. Focus on what gets the most engagement, plus 'yes please' lead magnets. Once you find 10 ideas, test them yourself and see which one connects the best

with your ideal customers and do more of those. Whether you create your own group or, participate in other people's groups, the only way to find the success clues is to test and tweak.

TIP #3: VIDEO

Videos are the highest converting medium online next to audio. Livestreaming, stories, reels, IGTV tutorials and online readings; test them all to see which connects and converts for your viewers.

TIP #4: JOURNALS

People love journals. Especially those who are very spiritual. This is a great visibility tool that continuously markets your business and brand. Why? Because women do not throw away journals. Even when they finish them, they like to keep them to read and reminisce. It's a very popular marketing tool right now with the top marketers across all niches. Branded notebooks and journals with lead magnets and website details inside leading to list builders.

You can self-publish journals on Amazon too, they ship them for you. Or use local printers and sell them from events or websites. Many in the knowledge space are using them to grow their communities including myself. Learn more at: www.SelfPublishJournals.com

There's many ways to get visible online and I mentor coaches to implement these into their business every 30 days. If you'd love to join us visit: www.EvolvingHQ.com for details.

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The 5 benefits of

Smoky Quartz



ARTICLE KIRSTY-LEE PATTERSON

Location: Smoky quartz can be found worldwide, in many countries.

Chakra: Smoky quartz works well with the base chakra as it is a perfect grounding stone.

Zodiac Signs: Smoky quartz works perfectly with and for the zodiac signs Scorpio, Sagittarius and Capricorn.

Smoky quartz is a grounding stone. What does smoky quartz look like? Smoky quartz is a brownish grey translucent variety of quartz that ranges in clarity from almost completely transparent to an almost opaque brownish grey or black crystal. As with most healing crystals, a male smoky quartz is more translucent in colour, whereas a female smoky quartz is more opaque in appearance. Like other quartz gems it is a silicon dioxide crystal.

5 BENEFITS OF SMOKY QUARTZ

1. Smoky quartz is one of the most efficient and effective grounding and cleansing stones. Smoky quartz is a protective stone with strong links to the Earth. Smoky quartz can also be used to protect the Earth chakra below the feet. Smoky quartz is also good for an area of disturbed Earth energy.

2. Smoky quartz brings emotional calmness, relieving stress and anxiety. Smoky quartz helps tolerate difficult times, suicidal tendencies and ambivalence about being in incarnation. Smoky quartz also assists with the acceptance of the physical body. Smoky quartz is known to also help the digestive system.

3. Smoky quartz brings in a positive vibration. Generally, neutralises negative vibrations and is detoxifying on all levels. It assists with the elimination and detoxification at all levels.

4. Smoky quartz teaches, aids and helps in leaving behind anything that no longer serves you.

5. Smoky quartz assists with libido and the sexual nature, enhancing virility and cleaning the base chakra so passion can flow naturally.

Smoky quartz helps aid and is beneficial for grounding, concentration, nightmares, stress, hips, pain relief, libido, depression, fear, legs, headaches, cramps, the heart, the back, nerve tissue, fluid regulation. Smoky quartz is also good for aiding in chemotherapy and x-ray exposure. Smoky quartz can and is used to help souls into the other world. Smoky quartz absorbs electromagnetic smog.

Place smoky quartz near the front door of your house for a protective function, a generator, tower or cluster is best in this position. Smoky quartz can be placed in a child's room, close to a big window, in your home office, near a computer or electronic device to help eliminate electromagnetic waves.

As with most crystals, smoky quartz comes in a variety of shapes and sizes. Depending on your reason for choosing to work with smoky quartz, this will help determine the type, size, shape and formation of the smoky quartz piece you are needing. If unsure it is always best to go with your intuition, what feels right for you and resonates with you.

It is also advisable to have a consult with a qualified crystal healing therapist who can determine which style of smoky quartz you should obtain and use after an initial intake consultation.

 www.facebook.com/cascadingcrystals



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Mediumship

ARTICLE HAYLEY DAVID

Mediumship is a practice belonging to the study of Metaphysics, which is all things accepted without any visible evidence of its existence.



Today, the term would be more commonly known as New Age. Typically, the term is somewhat old-fashioned, however, throughout history it has been documented throughout the ages and has been said to be a highly developed art, amongst ancient spiritual practices. Mediums are known for their ability to connect with the spirit world and dispense information from another realm.

A Medium, is one who translates spiritual information from dimensions beyond the ethereal realm, to a querant or a person on this Earthly plane. Numerous skills can be called upon in mediumship, for answers and revelations. Automatic writing, pendulums or other spiritual manifestations, inclusive of tarot and angel cards can be used to complement calling forth a spiritual entity, during a session.

Fortune tellers, psychics, tarot readers, healers and others that use tools for predicting the future, may utilise skills of mediumship during a session. It's not uncommon for gifted Mediums to release the control of their physical body, by allowing an entity to work through them. Changes in the Medium can be seen, such as hand gestures, the mood and sound

of the Medium's voice and the tapestry of how they behave when in their natural state.

The entity or entities that co-work through the Medium can be interchangeable, they may be angels, guardian spirits or spirits of loved ones whom have crossed over. Working through the Medium, entities can harbour and use them as an instrument. This is referred to as channelling, where messages are transmitted through mediumship. Mediums are a conduit for spirit, or other entities to use for the purpose of passing information, to those still here on earth, having a human existence.

The art form of speaking through a Medium, is a platform of communication, which can encompass a number of complexities. Accuracy during a session when bringing through a loved one can be sensitive and quite personal. Depending on the experience, the reputation and session duration, it is necessary to have a good rapport with the Medium. To quantify their gift, it's always in the querant's best interest to seek out a Medium's services, based on recommendation and where sessions are held privately.

The person who is seeking or receiving information from a Medium, is known as the querant. The Medium is the person who brings forth the messages from spirit, intended for the knowledge of the querant, be it for inspiration, spiritual guidance, knowledge of past, current or present, or connecting with a deceased loved one.

It is important that the querant is aware of the numerous tools which may be used for predictive purposes, such as clairvoyancy, psychometry or other metaphysical methods. Mediums should be professional, even when using unorthodox methods and therapies during their practices, which aim to provide clarity, guidance or advisory. Reputable Mediums will encourage the public to contact them through referrals, by group or personal experiences.

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Heart Resonance

ARTICLE JANIS GIBSON

The way is not in the sky. The way is in the heart. – Buddha
Pure consciousness, which is the heart, includes all, and nothing is outside or apart from it. That is the ultimate truth. – Ramana Maharshi



“The most common denominator in all religions is that the heart is the seat of wisdom,” said Rollin McCraty Ph.d, director of research at the groundbreaking HeartMath Institute in Santa Cruz, CA. Twelfth century Christian mystic, Hildegard of Bingen, would agree. She wrote, “The soul sits at the centre of the heart, as though in a house.”

The human heart, in addition to its other functions, actually possesses a heart-brain composed of about 40,000 neurons that can sense, feel, learn and remember... Research has shown that the heart communicates to the brain in several major ways and acts independently of the cranial brain. The energy of the heart can be measured and modern scientific instruments can pick up the field of the brain about an inch (25.4mm) away from the skull and the field of the heart can be detected almost a metre away from the body.

A blockage in the heart chakra can also lead to physical symptoms like poor circulation, heart troubles, and respiratory illness like asthma. If you have an issue with these conditions in your life, clearing your heart chakra may help you recover from them and lead a healthy life, both emotionally and physically.

The heart chakra is located, of course, by your heart and translates to ‘Anahata’ in Sanskrit. ‘Anahata’ means: unhurt, unstruck, and unbeaten. This beautiful translation truly represents the power of resilience we all hold in our hearts.

So! How do we heal our hearts to take advantage of the power of the heart.

- Meditation
- Reiki or any type of spiritual healing
- Crystals – particularly amethyst
- Frequencies – 528Hz, 431Hz
- Mantras
- Colour – particularly green

- Nature
- Aromatherapy
- Breathing exercises
- Forgiveness (Hoóponopono)
- Music – whatever soothes your soul
- Creativity
- Vibration – drumming, chanting, singing, humming
- Intent – to live in the now

Every morning upon waking, activate your heart chakra. An easy way to do this is to imagine a beautiful 1000-petal Lotus slowly opening in your heart chakra. This is a quick heart coherence technique recommended by the HeartMath Institute.

Using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. Use Quick Coherence especially when you begin feeling a draining emotion such as frustration, irritation, anxiety or anger. Find a feeling of ease and inner harmony that’s reflected in more balanced heart rhythms, facilitating brain function and more access to higher intelligence.

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc, or focus on a feeling of calm or ease.

 www.psychicwisdom.com.au



ARTICLE SHERRIDEN SLOAN

Saturn-Uranus Square

Coming out of 2020 – the year that changed our lives so dramatically, it would be fair to have hope, or to say a little prayer, for a quiet, more stable 2021. Astrologically speaking however, we are in for a bumpy ride!

In 2021, Saturn will form a square to Uranus three times: February 17, June 14 and December 23. When Saturn forms a square to Uranus, you can expect abrupt changes and disruptions with a feeling of being pulled between two vastly different poles. Key traits of this astrological event are feelings of indecision, rebelliousness and keen awareness. We can expect sudden twists or situations that wrench us from our usual lives and habits. It's not the best time to be making life-altering decisions, however, setbacks tend to be temporary and often lead to new and improved paths.

Saturn will form a square to Uranus about every 20 or so years. Planets are 'square' to each other when they are 90 degrees apart and reveal the obstacles and challenges between two planets. It can be a bit of a tug-of-war or battle of the wills but ultimately it means that both parties need to put in an effort to succeed at the halfway point.

You'd be right if you're thinking this square could be a little tricky! Saturn is stable and persevering, is the representation of justice and limitation, while Uranus is an eccentric planet that is symbolised by unpredictability and rebellion. It's the old versus the new. It's a cosmic power struggle that we will witness throughout the year.

First, let's have a look at these powerful forces in their own right.

SATURN IN AQUARIUS

Saturn entered the sign of Aquarius for a couple of months early in 2020 then headed back in December and will be there until March in 2023.

The last time we saw Saturn in Aquarius was in 1994. This time in history was technologically focussed, with the internet becoming a major force in our lives. Aquarian energy is innovative and socially aware, so these next few years we can expect to see a lot of activism and advancement in technology and medicine.

You might remember earlier last year when the worldwide social outrage over victims of police brutality was at its height. There was protesting and marching and a general unrest that was indicative of the influence of Aquarius. Saturn is the planet of effort and action and we need to make sure we put in the effort in order to achieve the transformation and growth. This is an insight to what we can expect over the next two years with Saturn in Aquarius.

Closer to home, Saturn in Aquarius asks us to look critically at our hopes and dreams. It requests we examine our social structures, community and contributions. Saturn in Aquarius reveals the weak link in our chain and shows us where we need to strengthen our bonds.

URANUS IN TAURUS

Uranus – the planet of rebellion, revolution, innovation and change entered into the sign of Taurus in 2019 and will be there until 2026. It takes about 84 years to complete its cycle around the sun, staying in each astrological sign for seven years. The last time Uranus was in Taurus, the world was experiencing war, environmental degradation and the rise of dictators in Germany, Russia and China. It was a time of social unrest and political change. In response to this, we saw the advancement of technologies and discoveries in the world of science. We saw an uprising of the people who lifted the world out of the economic depression with the implementation of systems that recognised that society needs to take care of its vulnerable members. It was a revolutionary time that brought change to the world.

Uranus in Taurus is the time to let go of fear and investigate the ways in which we can turn the trying times into victorious times. Uranus is known as the 'Great Awakener' and wants us to change our perceptions and our out-dated practices. Uranus wants us to grow and do better!

During this seven-year period, economics will

be in focus. We are likely to see big changes in the way we earn, manage and spend money. We can expect our connection to the earth to develop and increase and may see anything from the uprise of home gardens to a large-scale environmental movement. Taurus is ruled by Venus, so we can expect an interesting time in the women's rights movement as well as the LGBTQIA+ community.

And now to examine this major planetary alignment; some extraordinary, life-altering events may just be around the corner!

SATURN SQUARE URANUS

When Saturn and Uranus form a square, the foundations of society start to show signs of decay. Societal problems are exposed and then they crumble. And after the collapse, we will rebuild, but this time with more inclusivity. While this transit may feel rough, a collapse is often what we need to create meaningful change for the future. Restriction often necessitates simplicity and creativity – and therein lays our best way forward.

On a personal level, each of us will need to find our own balance between the opposing forces of Saturn and Uranus. This transit affects us all in different ways, depending on your own natal chart. Those ruled by Aquarius and Taurus will be affected most. We may face challenges that force us to examine what it is we want our immediate environment and our future to look like. We need

to reflect upon what it is that holds us back and what we want to achieve.

The final and strongest of all three Saturn-Uranus square events will occur on Christmas Eve. We will notice the effects throughout the year but it won't be until then that we see the full effect of this transition. Get ready to outgrow those behaviours that bind you to an out-dated way of thinking. Join in the march of progress and break through to your new reality!

This year is the time to release the behaviours, relationships, pastimes and places we've outgrown. Surrender to the current of the stream but strive to live true to your authentic soul.



Victoria Cochrane

Psychic Communicator and Spiritual Healer

Victoria Cochrane (M Ed. Hons) was named the **TASMANIAN PSYCHIC EXPO'S 2019 TASMANIAN PSYCHIC OF THE YEAR**

She is a certified member of the International Psychics' Directory and regular presenter of The Spiritual Wisdom Hour on Spiritual Events and Directory's Facebook page.

Victoria is available for appointments in her room in Wynyard, Tasmania, once a month in Launceston or via video call. She is also available as an inspirational speaker and workshop presenter.



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Katie is a certified Meditation Teacher and a member of the Meditation Association of Australia.



ARTICLE MERENDI LEVERETT

For this issue I am using the Doreen Virtue 'Archangel Oracle Cards' deck.

April 2021 Reading

GENERAL - VICTORY!

Your prayers have been heard and are now being answered. Keep faith. This month is a time for you to celebrate the small and big wins, whatever they may be. Your dedication and constant faith has paid off and the results you were manifesting are coming to fruition. Peace is now yours, rest easy my friend. Breathe – all is now well in your world. Focus on the here and now, don't worry about the past or future right now. The future has been taken care of in a positive and uplifting way, so allow yourself to enjoy the present moment and what April will bring to you.

LOVE - PROSPERITY

Your emotional and physical needs are being provided as you listen to and follow your intuition. The time is now to manifest your

dreams into reality, whether it is writing in a journal of what your ideal partner's traits will be or you try to take your current relationship to the next level. The time is now to act and keep your heart light. If you have a partner you need to work together to realise your highest good. Give any worries about love and relationships to Spirit. They will help guide you to what to do next.

FAMILY - REMEMBER WHO YOU ARE

You are a powerful and loving person and your family truly appreciates that. You are very loved in return. Your inner divine light shines so much more brightly this month. Don't be afraid of your power, magnificence and wisdom this month. Family members will be calling on you for support and guidance as they attempt to navigate and make some big decisions about their own personal lives moving forward. Take the time to truly listen to them and Spirit will help you to articulate what needs to be said to help them move forward. You will inspire them, but make sure you don't get a big head either.

WORK/CAREER - CLAIRSENTIENCE

This month notice and pay attention to recurring feelings, both physical and emotional when at work. Are they yours or are you picking up on someone else's? If you recognise them as your own, honour and allow yourself to feel them. Don't be afraid of deep emotions or intense feelings. If you feel they are not yours, try to ground and protect yourself, to minimise the effect of other people's emotions on you. If this is the case you need to be the strong, grounded person at work as some of your colleagues may call upon you for reassurance or support.

HEALTH - CRYSTAL-CLEAR INTENTIONS

Be clear about what you desire in regards to your health and focus upon it. Do not get distracted. Be honest with yourself. What do you need to change or modify now to improve your health. It could be a simple thing as eating less sugar, cutting out soft drink, buying organic food, start walking daily. This month is a time for you to detox, if you wish to. Imagine yourself healthy with lots of energy – feel it, sense it. Don't worry about how you will get there or how long it takes. Making simple changes is the first step. We have all fallen off the wagon since Christmas in regards to our health, now is the time to action.

Happiness, clear mind, healthy body, and abundant life!

Is this what you want to feel, are you ready to make it your way of life?

Are you ready to live a life of freedom, ease, and peace?

Gwendal Smith

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I BELIEVE YOU DESERVE TO LIVE A GLORIOUS LIFE.

May 2021 Reading

GENERAL - ANGEL THERAPY

This month Spirit asks you to give your cares and worries to the angels and allow them to manage your burdens. You may have forgotten that all you need to do is 'ask' for help and your angels will listen. You need to give them permission to take your worries and deal with them. I know it is hard to let go, but you must and focus on the here and now. You will be pleasantly surprised at what transpires this month when you freely give away your concerns and burdens to the angels. Tell them what situation you would like help with, speak out loud or write it down. The angels are always listening. If you receive repetitive signs or guidance, listen as this is the angels speaking to you.

LOVE - GENTLENESS

This month asks you to be gentle with yourself and any current or new romantic relationships you are in. Surround yourself with gentle people, situations or environments. It might be a good opportunity to take some time out to be alone or maybe have a weekend away with your partner with no distractions. We hit the ground running in the early part of 2021 and now things are slowing down it is time to sit quietly and reflect. Don't engage in any battles or tough conversations. Leave them for now, engage in slow movements or activities. Retreat from any conflict to help revive your spirit. It is time to rest your heart.

FAMILY - SPREAD YOUR WINGS!

This month someone in your family will not hold back. The timing is perfect for them to spread their wings and soar. It might be a child moving out of home or someone starting a new job or training course. This may bring about some unsettledness to the household as change is always feared, when it shouldn't. However, the thought of someone in your family moving outside their comfort zone is something to celebrate. It will welcome new opportunities not just for them, but for you too. Know that this is a great thing happening and that they will be safe. Allow them to follow their heart and dreams. They know you are always there for them. Remember you have inspired them to take this next step, so be proud that you have helped create this positive situation.

WORK/CAREER - MOON CYCLES

This month calls for you to notice how the moon affects your energy and manifestations. You need to capitalise on these moon cycles. If you have not done so before, take the time to

complete rituals this month for the New Moon and Full Moon. Put your crystals out with both the new and full moon to recharge them. Set intentions at each point of the cycle to help manifest your dreams. Find a supportive group that perform moon rituals and join them. You will be amazed at what you might learn about yourself and it will also be an opportunity to meet some like-minded people. The Full Moon is about releasing anything that no longer serves you. The New Moon is a time to focus on manifesting your desires and intentions.

HEALTH - PATIENCE

This month is for you to focus on patience with yourself and your health. Last month you started the first steps to improving your health. This month asks for you to nurture yourself and these small changes you have been implementing. Be patient as the changes you desire take time. Your body needs to fully detox and this cannot be done overnight or within a week. Just like it takes time for a seedling to push through the earth and grow into a beautiful flower or plant, so does your health. Enjoy each moment that you make good choices about your health and know that this in the long term will ensure longevity with your health. Slow down and be gentle on yourself. Be grateful for the changes you have made in regards to your health thus far.

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Spirit READINGS



ARTICLE JANIS GIBSON

LIVE AND VIDEO RECORDED READINGS

Janis Gibson is an international medium and clairvoyant who has worked extensively overseas in the UK, US and New Zealand.



Q: Will I reach my goal for September 2021? – Donna

Yes Donna, I feel as though you will reach your goal by the end of 2021, just not by September. There will be a disruption around the middle of the year which will interrupt

your plans and that will divert you sideways for a short time. It will be at least a month and a half which will delay your end result. Even though this may appear to be a negative, please realise that it will work out to your advantage in the end if you stay focused with your goal in mind.

There are supportive people around you who have a vested interest in your success and this will enable you to jump any hurdles that appear. Unfortunately there are also those who would prefer you didn't succeed as well. Stay true to your ideals and plans and take the advice of a wise councillor who I feel may be a father figure, also remember, your Spirit Guide is with you to help you, so! Please, take advantage of their help by inviting them to help you. There is help at your disposal, just for the asking.



Q: I recently purchased a house to convert to a luxury day spa. Will the issues with council be resolved in our favour? – Sara

Sara, I feel you have a long journey in front of you, there appears to be one particular person in Council who is the stumbling block in this situation. I am getting the feeling that you are damned if you do and damned if you don't. There needs to be more research into this person's agenda. One of the problems seems to be, that the necessary permissions were not checked before purchasing

the house and that the location of the premises is in question as to the suitability of a day spa. Please also check the plumbing.

Please take the time to find a quiet place and bring your business to mind. See yourself decorating and furnishing the spa, see the people having a treatment and the relaxation on their face at the end of the session. Make sure that you FEEL the joy, gratitude and abundance that this venture will bring to you and release that gratitude to the Universe as though it has already happened. This is the only true way to manifest; to hasten the approvals that you need. Place the person who is the stumbling block into a pink bubble and send that out to the Universe, it will change the energy around your request.



Q: I've just relocated from the south west back to the city and beach. The last 7 years have been a tumultuous journey for kids. Is there anything that stands out in the future that we should know about? – Linda

Linda, there are trust issues that you are trying to overcome as though you have not done the right thing by your family and there is guilt associated with that. Please know, that you are enough and you are in the right place at the right time, right now. Whatever decisions you have made have been based on information that you had at the time and that the outcomes were created to enable your lessons. There will be a period of about 3 years of lots of changes. This will affect every level of your life, including relationships, work, location and environment. There is a course of study that you have been avoiding which will enable your future, should you wish to adopt it. Your creativity stands out like a beacon and I believe this course is to enhance

your already prodigious talents in this field.

Your ability with people is a blessing to you and those around you and I see you strengthening and balancing this gift. Your appreciation of beauty and nature will also nurture you as you begin these next 3 years. You will not be on your own. There is a short time (about 12 months) of you getting your direction on track and then the magic will happen. The best is yet to come.



Q: Should we go into a partnership for business? – Jas

Sorry Jas, I got a firm NO on that question and I think intuitively that you already knew the answer and just needed some confirmation on that. You are intuitive and sensitive and although this deal may look good on paper, you have very different energy which

will not be sustained by this partnership. I am not ruling out all partnerships, just the one you are considering and this is purely on an energetic level.

It is all about boundaries and I feel that even though you may express them, they will be overruled. Trust your intuition at all times, it will never be wrong. There will be an opportunity that will come up later in the year which may be worth looking at which will be a year or two in the creation, in this instance, slowly, slowly catches monkey. It will take time. You and your partner appear to be chalk and cheese and the endeavour has to be one where both of your talents are utilised for the optimum benefits.

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Send your questions to us at rebirth@spiritualeventsdirectory.com and we might feature you in our next edition.

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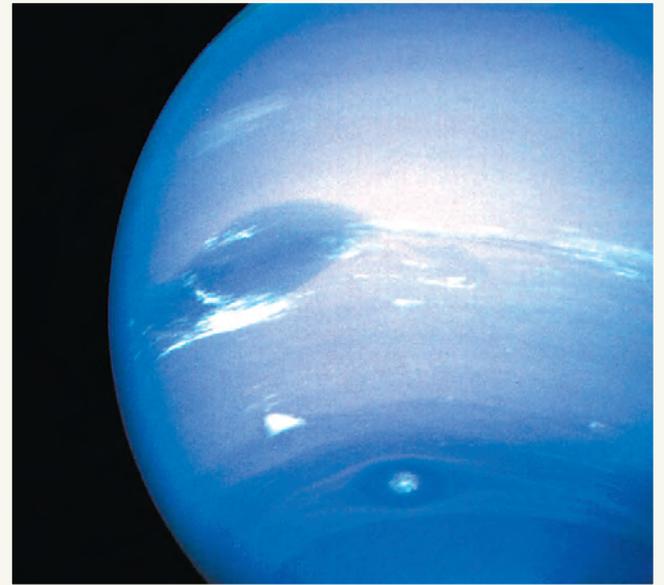
The biggest picture:

Uluru Ceremony



ARTICLE STEVEN & EVAN STRONG

In previous articles addressing the ceremony and global meditation occurring at Uluru on December 21, 2020, we have examined evidence from near and around that huge rock and all over the planet. Augmented by hundreds of ceremonies throughout the planet, the grand conjunction of Saturn and Jupiter, which was undeniably supplemented by the Summer Solstice, energised Uluru and literally turned this sacred rock on, forever! But it doesn't end here, as it went everywhere. It was not just one solitary planet that fell under this twin-planetary spell, there is compelling evidence that the entire solar system was affected in different ways. However, even though in each of six events analysed they are markedly different, one thing never varied, the cause.



However, Neptune's new visage and possible reversal of rotation is far more dramatic and because it is much closer to the two largest planets in alignment, is to be expected. Originally the gas surface on this planet was uniformly one colour with no variation. At sometime either on that day, or within the next week, the planet 'created' two huge spherical shapes somewhat like the coloured 'eye' of Jupiter. They are still there, but what really is a conundrum of monumental proportions, is that both 'eyes' are rotating in the opposite direction to the way this planet is supposed to rotate. What that means is that both newly acquired spheres, being stationed on the surface, are moving against the flow of the planet, or the entire planet is now spinning in the opposite direction to that which was occurring before December 21.

THE TWO AGENT PROVOCATEURS AND THE TWO CLOSEST ROCK PLANETS

Clearly the conjunction of the two largest planets in our solar system, of which Jupiter has legitimate claims to be acting more like a second sun rather than a planet, was the central generation point. But the crucial question is what types of energy and forces were being created.



We will begin our planetary journey at the outer extremity of our solar system. Although now officially de-listed as a planet by the experts, Pluto is still out there, but within days of the conjunction its outer atmosphere became 80% smaller in volume. No scientific explanation has been offered beyond it being either compression or the gas just floated off into space. Nor has anyone suggested what mechanism or event caused this dramatic change in the 'gas-scape' of this distant planet. Of itself, if nothing else happened elsewhere, it could be dismissed as a bizarre unrelated natural disaster or due to a meteor impact.

Whatever this was, it is of a quality and impact outside the reach of any current understanding of the laws of science and physics, as those two planets were not behaving 'normally.'

The closest rock planet to this alignment is Mars, and once again when NASA made their announcement, no explanation was forthcoming. Nor could there be, they are adamant the axis of Mars shifted four inches. Four inches may not sound a lot if pushing a wheelbarrow, but once factoring in the weight of the entire planet, pushing it a solitary millimetre off course requires a massive surge of energy.

When it comes to what happened on our home planet, the choices are so many, but first amongst equals has to be the two earthquakes that happened so close to that date. Measuring 9.6 with an aftershock of 9.7, which of itself is reversal in sequence as the leading earthquake always sets the bar; both seismic events are easily the most catastrophic ever measured on this planet. Chile was 9.2 and the 9.1 earthquake in San Francisco brought down virtually every building at the beginning of the twentieth century, and by comparison to what took place twice at Antarctica (never renowned for earthquakes of any magnitude) this seismic event has no precedent. What does resonate is that the top or bottom of Mars shifted, and here on Earth it seems the transition point was identical.

It should come as no surprise that at the same time the sun pulsated in solar flares and winds at a level rarely recorded. None of these planetary and solar events are the same, but the timing is and the Grand Conjunction is the catalyst.

The first was taken by Ros in rural NSW and exhibits many similarities to the photograph of a cylindrical shaft of golden light in the sky falling into the sea at Croatia. Yes, the golden glow is not there, but the shape, dimensions and final destination (the Earth) is identical. Just as it was with the intense blue in the sky at Uluru and America, which are at opposite sides of the planet, the same can be said about the two locations of this repeated phenomena. *(cont. p40)*



PHOTO SHARED BY SORAYA DANIELLE (from Jasmina Lakota), 21st December, 2020



PHOTO ROS MULDER

THE THIRD RELEASE

As explained earlier, the quantity and quality of supporting photographs taken at 7:32pm on December 21 or very soon after was beyond our most optimistic expectations, and because of this, we are serialising the release over the next year. With a planetary and solar backdrop complete, it is appropriate to share another three photographs.

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www.ourwellnesscommunity.com.au
www.caseyradio.com.au/shows/wellness-conversations/

(from p39)

We had quite a few to choose from the category of electronic discharges, this particular photo is of a flat plain with grey clouds above and an inordinate amount of 'lightning' in between. There are no torrential winds, hint of a downpour, steep inclines nor any sign of turbulence. However, the number of simultaneous lightning strikes, during, before and after, is unlike anything I have seen or been photographed. That it happened within days after the ceremony could be just another part in the beginning of a global cleansing process that began at 7:32pm at Uluru, or a normal event. On its own a natural explanation has 'legs,' but in combination with the eight other photographs posted, and so many more to come, this is what it is – the Earth is healing itself from within.

The time in this evolving report has come to start focusing on the giver of life, energy and existence, the sun. Outside the incredible surge of solar winds and flares, many photographs were taken of the sun that are just not normal or readily explainable. Again, there are so many to choose from, and in each case something is not quite as it should be. There are reflections/orbs in this photo that are not normal. Undeniably claims of photo-shopping or natural irregularities in the camera's performance can be claimed, but in doing so there are eight other photographs now presented walking down the same mystical path. They all have to be explained away, and there are so many more like this photo to come.

A PROGRESS REPORT

Because of the Grand Conjunction of Saturn and Jupiter, the entire solar system was 'rocking and rolling,' of that there is no doubt. And right there at the spiritual centre of the Earth, Uluru was flashing and activating. We have photographs, measurements and charts that prove this to be true. From our viewpoint, we made it clear all the way up to the 21st that we held many reservations that anything would eventuate. Nevertheless, it did, and the rock is humming and will continue to increase in activation over the next few years.



Great Conjunction of Jupiter and Saturn
PHOTO MISAOCHAN2, CC BY-SA 4.0

No longer is it a matter of if, but now it is all about what comes next. Who will step on to this Mayan road or Hopi 'fast flowing river'?(1) What are the conditions of entry, and where do those who fail themselves go next? And it is that intriguing path forward, or backwards, which has now become the primary focus of all our upcoming online conferences.



PHOTO GERALDINE GRACE

REFERENCES: (1) Thomas Banyacya Sr. (Hopi Chief), June 8th, 2000. (Shared by Wendy Nickerson, Department Administrator for the Department of Family Medicine and Community Health), "We are the Ones We've Been Waiting For: Prophecy made by Hopi Elders", COVID-19 UPDATES – Office of Academic Clinical Affairs.

www.forgottenorigin.com/after-uluru-what-comes-next

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Beyond Loss Loving Life
with Karen Chaston



7.15pm-8.15pm
Psychic Readings
with Michelle Brewer



8.30pm-9.30pm
Duelling Tarot
with Jess and Hayley

TUESDAY



12 noon-1pm
OptiMystic Psychic
Development with
OptiMystic Xzavia



6pm-7pm
Heaven Sent
with Hayley



7.15pm-8.15pm
Readings
with Christy



8.30pm-9.30pm
The H.E.A.L. Show
with Gwenda Smith

WEDNESDAY



9.30am-10.30am
Scents of Empowerment
with Leonie Featherstone
- 'Sharing the Wisdom
of Essential Oils'

WEDNESDAY (cont.)



12 noon-1pm
The Spiritual Wisdom
Hour
with Victoria Cochrane



6pm-7pm
Psychic Readings
and Connections
with Melanie



7.15pm-8.15pm
Readings
with Rebecca-Lee



8.30pm-9.30pm
Connecting to your
Inner Wisdom
with Donna Drew

THURSDAY



12 noon-1pm
Creative Energetic
Millionaires
with Leanne & Anandi



7.15pm-8.15pm
Activate Your Courage
with Kay Hamilton



8.30pm-9.30pm
The Awakened Muse
with Jess

FRIDAY



9.30am-10.30am
Angel Enlightenment
with Suzi Parrett



8.30pm-9.30pm
Archetype and Life
Alchemist
with Jess

SATURDAY



3pm-4pm
Subconscious Healing
with Emma Wachs



6pm-7pm
Psychic Readings
and Connections
with Melanie

SUNDAY



7.15pm-8.15pm
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